

## ***“Substance Abuse Prevention Across the Lifespan”***

**Southwest CAPT  
Regional Expert Panel Meeting**

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Presented by  
Joe Wiese, Director



Substance Abuse Prevention  
***across the lifespan*** is a ***NEW***  
phenomenon to many states and  
communities.



## **Why Be Concerned About Health Across the Lifespan?**

- Need to understand the influence of social and health determinants as predictors of population and individual health (environment, access)
- Social determinants of health structure will determine population health, behavior and services utilization
- Social determinants of health will influence health from early life (aging, education, social safety net, lifestyle series, employment, income, wellness and access)



Contributed by Tania Garcia, CSAP's Northeast CAPT

Traditionally, Substance Abuse  
Prevention has been done ***in silos***:

- Education, such as Safe and Drug-Free Schools Programs
- Prevention programs funded by SAPT Block Grants
- Criminal Justice
- Early Childhood including Head Start
- Well baby programs
- Mental health
- Treatment, etc.



**Substance Use and Abuse is a  
*Public Health issue!***  
(and, must be addressed as such)



***“Prevention”*** Across the Lifespan has  
been an integral part of many public  
health programs:

- Suicide prevention
- Disease prevention
- Obesity/nutrition
- Diabetes prevention
- Child abuse prevention
- Injury prevention
- Cardiovascular health



## Substance Abuse Prevention Across the Lifespan is:

- A **Shift in Thinking**
- A **Shift in Policy** driven by the adoption of SAMHSA's Strategic Prevention Framework (SPF)



## SAMHSA's Strategic Prevention Framework



## State Epidemiological Workgroups INFUSING DATA ACROSS SPF

- STEP 1: Identify problems and set priorities.
- STEP 2: Evaluate and mobilize capacity for change.
- STEP 3: Link assessment findings to planning priorities/targets and resource allocations.
- STEP 4: Guide selection of effective strategies for implementation that address target problems.
- STEP 5: Monitor key milestones; evaluate and feed data into continuous quality improvement process.

## Developmentally Appropriate Prevention

- Address all stages of human emotional, social and moral development from infancy to adulthood
- Take into account the developmental level of your participants, which may not be their chronological age
- People experience increased stress and conflict when transitioning from one stage to another; focus prevention efforts here



National CAPT Substance Abuse Prevention Specialist Training Curriculum, Pilot Version – 12/05

It is commonly accepted that individuals are at highest risk for substance use & abuse at “transition” points in their life and at “key” stages across the lifespan cycle



## Prevention Across the Lifespan (cycle)

Prenatal	Early Childhood/ School age	Adolescent	Young Adult	Adult	Elderly
<ul style="list-style-type: none"> <li>• Utero exposure</li> <li>• Poor nutrition</li> <li>• Active use/abuse</li> <li>• Social and family conditions</li> </ul> <p><b>Substances used by parent:</b> Alcohol, heroin, cocaine, meth, prescription drugs, smoking, etc.</p>	<ul style="list-style-type: none"> <li>• Risk/Protective</li> <li>• Social and family conditions</li> <li>• Parent active use/abuse</li> <li>• Poor nutrition</li> <li>• Violence/abuse</li> <li>• Environmental influence</li> <li>• Socioeconomics</li> <li>• Parent Education</li> </ul> <p><b>Substances used by parent:</b> Alcohol, cocaine, heroin, meth, etc.; smoking, etc.</p>	<ul style="list-style-type: none"> <li>• Risk/Protective Factors</li> <li>• Experimentation</li> <li>• Peer influence</li> <li>• Underage drinking</li> <li>• Mental Health Issues</li> <li>• School Performance</li> <li>• Academic Success</li> <li>• Income/family relations</li> <li>• Sexuality and mental health development</li> <li>• Self esteem and social behaviors</li> </ul> <p><b>Substances used by parent:</b> *Marijuana, smoking, meth, inhalants, club drugs, alcohol, etc.</p>	<ul style="list-style-type: none"> <li>• Risk/Protective Factors</li> <li>• College transition</li> <li>• Workforce/income</li> <li>• Social and environmental pressures</li> <li>• Education and social success</li> <li>• Marketing exposure</li> <li>• Mental Health Issues</li> <li>• Abuse AOD</li> <li>• (habit formation of illicit substance abuse)</li> <li>• Self medications</li> </ul> <p><b>Substances:</b> Alcohol, smoking, prescription drugs, cocaine, heroin, etc.</p>	<ul style="list-style-type: none"> <li>• Employment status</li> <li>• Income</li> <li>• Housing</li> <li>• Violent behavior</li> <li>• Use/Abuse</li> <li>• Family relations</li> <li>• Treatment experiences</li> </ul> <p><b>Substances:</b> Alcohol, smoking, prescription drugs, cocaine, etc.</p>	<ul style="list-style-type: none"> <li>• Retirement</li> <li>• Depression</li> <li>• Self medication</li> <li>• Economics</li> <li>• Poor nutrition</li> <li>• Family relations</li> <li>• Treatment experiences</li> </ul> <p><b>Substances:</b> Alcohol, smoking, prescription drugs</p>

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## Health Promotion Across the Lifespan



Based on Ottawa Charter for Health Promotion

Contributed by Tania Garcia, Northeast CAPT



## RESOURCES

- SAMHSA's *Older American Substance Abuse and Mental Health Technical Assistance Center*  
[www.samhsa.gov/OlderAdultsTAC](http://www.samhsa.gov/OlderAdultsTAC)
- SAMHSA's *Co-Occurring Center for Excellence*  
<http://coce.samhsa.gov>
- SAMHSA's *FASD Center for Excellence*  
[www.fascenter.samhsa.gov](http://www.fascenter.samhsa.gov)
- CSAP's *Centers for the Application of Prevention Technologies (CAPTs)*  
<http://captus.samhsa.gov>

## Your Thoughts & Questions?

RAL THASARI PERVTIO SENENSI VIRO ET PICTVRA  
ET ARCHITECTVRA ALIISQVE INGENITORVM ARTIBVS  
ADEO EXCELLENTI VT SI PRISCORVM OCCVBISSET  
TEMPORIBVS NOSTRA ILLVM FELICIVS LECERENT  
VIX ANN LV MENS XI DIES XX  
LVCRETIA ET JO SALVSTIVS OPTIMO CONIUGI ET  
PARENTI NON SINE LAGRUMIS SIMONIS HONORII  
CLAVDII EMILIAE AC SVLPITIAE MINORVM FILIORVM  
DOLENTES POSVERVNT  
DIE IIII JANVARII MDXXXVI  
RESTITVITA ALL'ONORE DEL PANTHEON  
A CVRA DEI SENESI MCMXXI